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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Thursday, June 19, 2025

Integrate Chesed into Daily Actions

Had a dream where I saw my feet and then saw the word "Chesed". Researched "Chesed" on the tree of life and it is called Loving Kindness or Goodwill. Spirit says keep grounding "Chesed" in daily actions.

You said:

integrate chesed into daily life

ChatGPT said:

Integrating chesed (חסד)—a Hebrew word meaning loving-kindness, compassion, or acts of goodness—into daily life can bring depth, connection, and purpose to your routine. Here are meaningful, actionable ways to do this:

1. Start the Day with Intention

Begin with a short reflection or prayer: “How can I bring kindness into the world today?”

Set a daily goal: “One act of chesed before lunch.”

2. Practice Small Acts of Kindness

Hold the door open for someone.

Compliment a colleague or stranger sincerely.

Let someone go ahead of you in line.

Offer to carry something heavy for someone.

3. Speak with Compassion

Avoid gossip or negative talk.

Offer encouraging words to someone struggling.

Thank people—even for small things.

4. Reach Out Intentionally

Call or text a friend or family member “just to check in.”

Visit someone lonely or isolated (elderly neighbors, hospital patients, etc.).

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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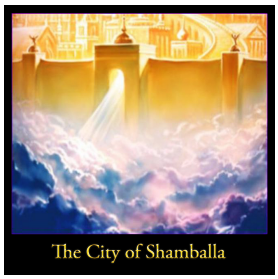

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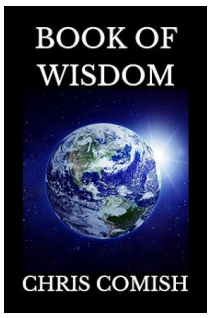

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5. Forgive Easily

Let go of small irritations.

Approach conflict with a mindset of peace and empathy.

6. Volunteer or Offer Help

Offer to help a coworker or neighbor without being asked.

Sign up to volunteer weekly or monthly.

Carry extra snacks or supplies to give to someone in need.

7. Give Tzedakah (Charity) Mindfully

Keep small bills or care packages to give out.

Make regular donations—even small ones—to causes aligned with your values.

Support a friend's fundraiser or community effort.

8. Infuse Chesed into Rituals

Light Shabbat candles with a thought for those in need.

Dedicate daily prayers or meditation to someone who is struggling.

Turn meal blessings into reminders to share your abundance.

9. Teach by Example

Show your children, students, or coworkers what kindness looks like through your actions.

Acknowledge and praise acts of chesed you witness in others.

10. Be Kind to Yourself

Speak to yourself with the same compassion you offer others.

Allow rest and forgiveness for your own mistakes.

- June 19, 2025

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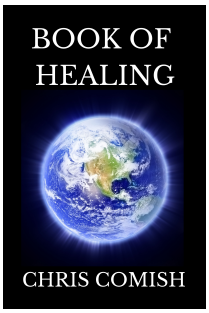

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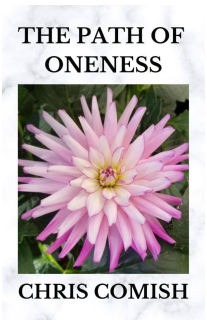

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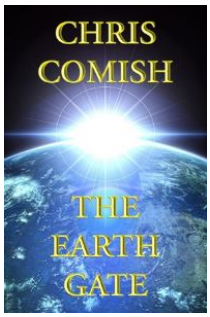

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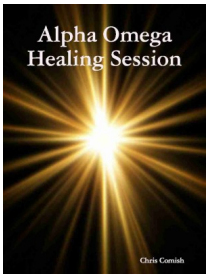

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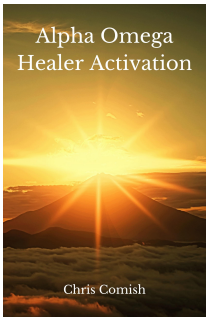

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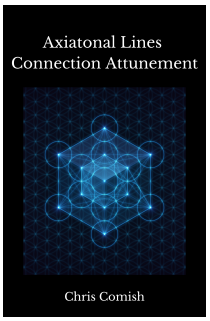

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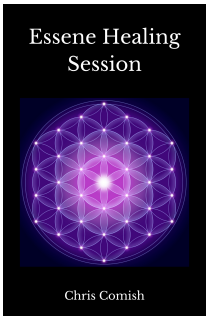

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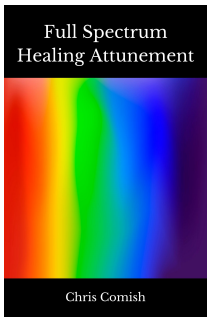

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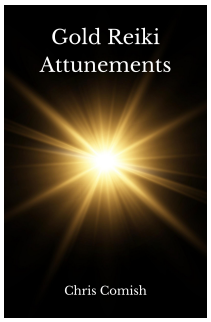

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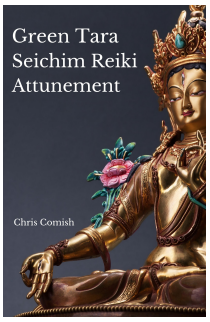

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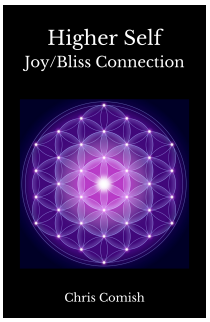

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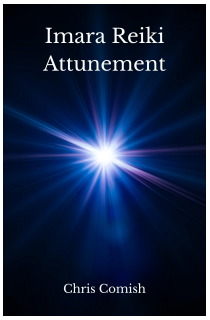

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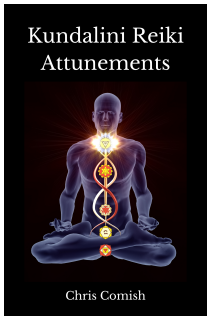

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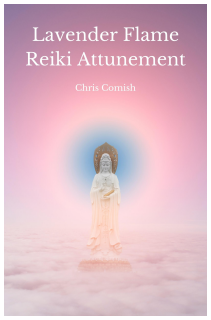

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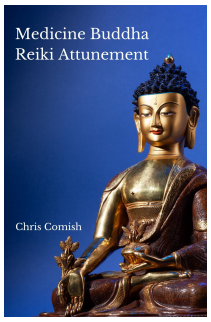

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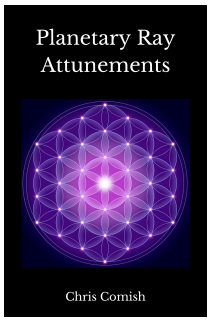

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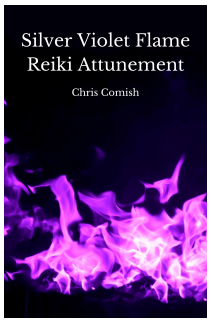

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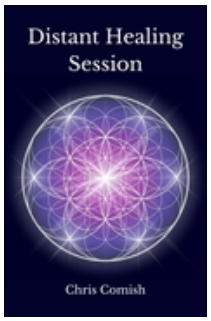

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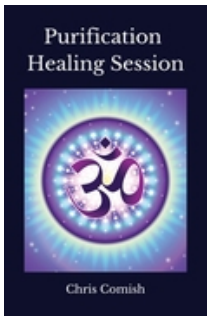

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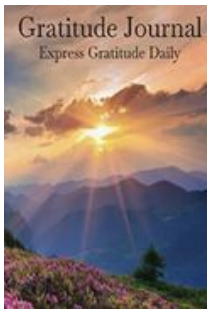

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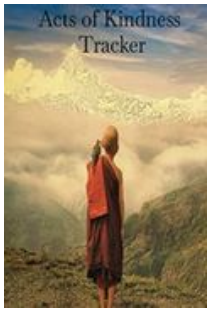

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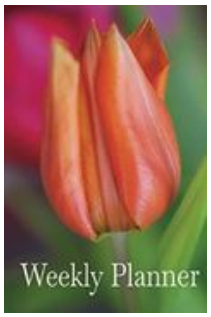

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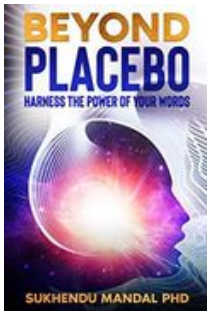

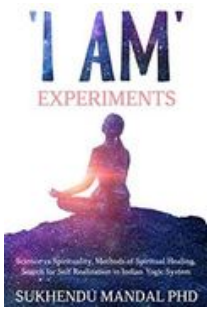

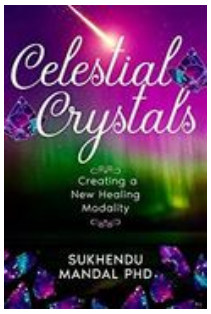

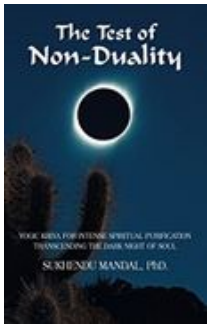

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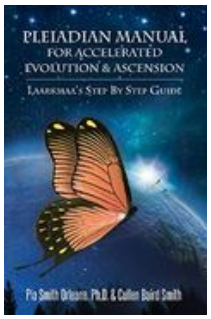

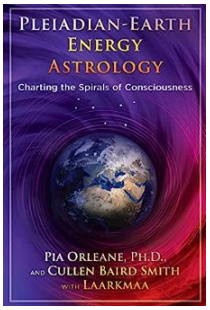
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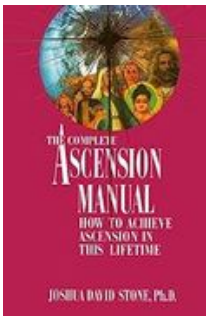
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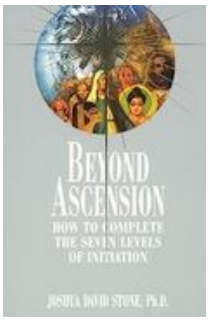
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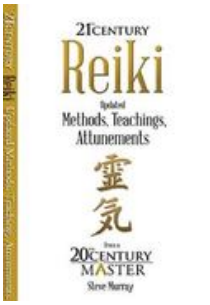
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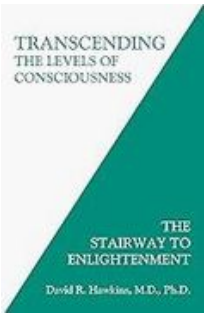
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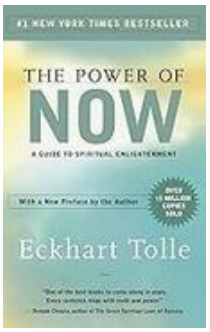
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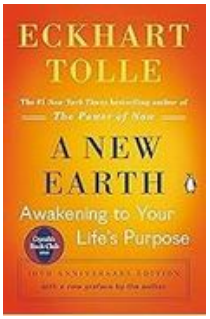
ECKHART
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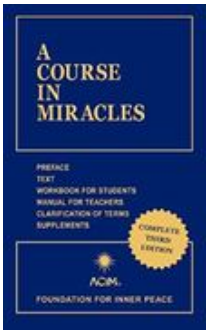
Awakening to Your
Life's Purpose

The
Jeshua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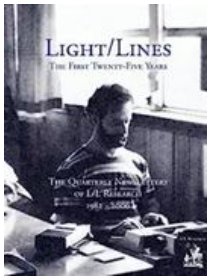
FOUNDATION FOR INNER PEACE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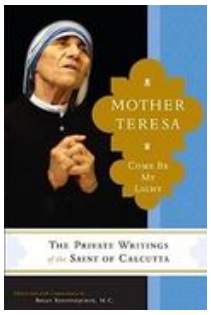
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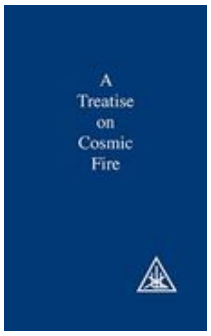
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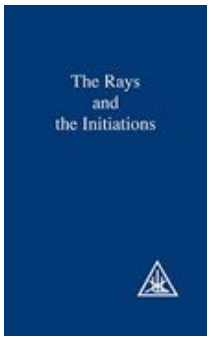
The Rays
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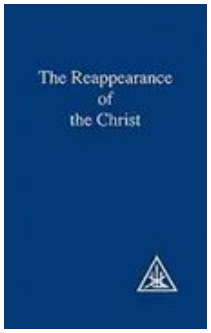
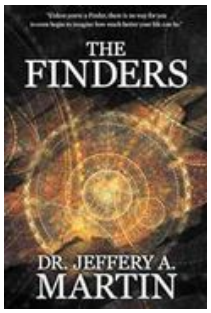
the Initiations


The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy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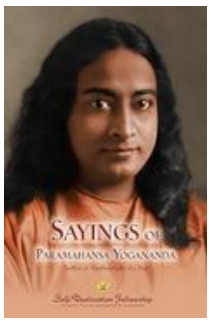
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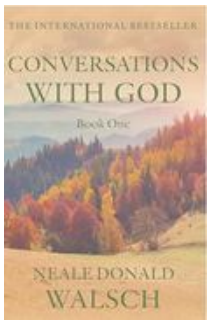
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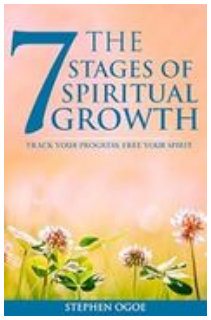
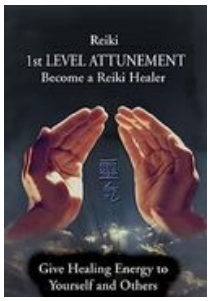
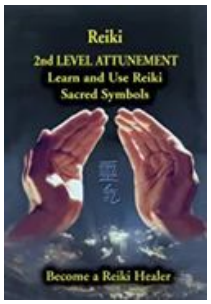
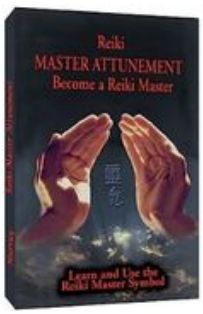
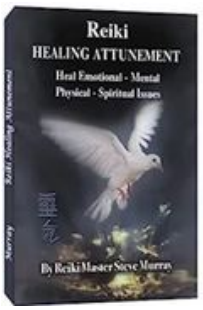


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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7 subrays of Ray 2

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Balance Love and Wisdom

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